Naalya Food Bulletin

4th August, 2026

Rotary Kampala - Naalya

CREATE LASTING IMPACT

Issue 2 | RY 2026-27



RC KAMPALA - NAALYA

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In This Issue

11 DG Gerald Obai's visit to RC Kampala - Naalya

32 Xenophobic attacks call for investments in home countries

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Contents

Tap any title to jump to page

4 Message from the Editor's Desk

5 My Challenge to you - RI President Yinka's Message

6 Every member is a possibility to Create Lasting Impact - DG Gerald Obai's Message

8 President Amucu's Message

10 Why Are You Here? The Simple Question That Defend the District Governor's Visit to RC Kampala- Naalya

11 DG's Visit in pictures

15 The Power of Collaboration: How Rotary Creates Lasting Change

18 The Power of Belonging: Understanding Rotary Membership

19 The Silent Grief of Infertility: Why "When Are You Having Children?" Can Hurt So Much

22 Contextualising Maternal and Child Health in Uganda

25 Who visited us last week?

26 The Pitch is Calling: Are You Ready for 5-A-Side?

28 All Africa Rotary Zone Institute Postponed, New Dates Set for November

29 Rotary Invites Members to Apply for 2027-28 International Committee Appointments

32 Xenophobic attacks call for investments in home countries

35 A Note to the Inner Self

36 Kitoobeero Buddy Group in Charge: Our Members







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Message from the Editor's Desk

By Rtn Jackline Mutimba
Club's Public Image Chair



Welcome to August, and welcome to the first Naalya Food Bulletin of the month.

There is something refreshing about the beginning of a new month. It gives us permission to start again, to celebrate how far we've come, and learn from where we've stumbled.

For many of us, the conversations from the District Governor's Official Visit are still fresh in our minds.

Beyond the reports and presentations, it reminded us that Rotary is, at its heart, about people.

It is about showing up for one another, serving with intention, and being part of something bigger than ourselves.

> "Here's to a beautiful August filled with friendship, meaningful service, and opportunities."

As we step into Membership and New Club Development Month, perhaps the best question we can ask ourselves is not, "How do we grow our club?" but rather, "Who in my life would love what Rotary has to offer?"

Every member's Rotary story began because someone extended an invitation. This month, perhaps it is our turn to do the same.

Inside this week's bulletin, you'll find highlights from the District Governor's visit, stories that celebrate our fellowship and service, and updates on what's ahead.

We hope these pages keep you informed, but even more importantly, remind you that every meeting attended, every hand extended, and every act of service adds another chapter to the story of our club.

Thank you for being part of the Rotary Club of Kampala-Naalya family.

Whether you've been with us for years or have only recently joined, you matter, your contribution matters, and together we continue to make a difference.

Here's to a beautiful August filled with friendship, meaningful service, and opportunities to welcome someone new into our Rotary family.

Happy reading.

My Challenge to you...



MESSAGE FROM RI
President Olayinka Hakeem Babalola

AUGUST 2026

Peace does not happen by accident. It must be pursued deliberately, built strategically, and woven intentionally into everything we do. That is the challenge I am placing before the Rotary world this year.

Rotary recognises peacebuilding as one of our areas of focus. But I believe peace must be more than a category of work we set aside for certain projects.

It must become a lens, one we choose to look through every time we plan, every time we serve, every time we ask what kind of impact we truly want to leave behind.

The Institute for Economics and Peace has identified eight Pillars of Positive Peace: well-functioning government, a sound business environment, equitable distribution of resources, acceptance of the rights of others, good relations with neighbours, free flow of information, high levels of human capital, and low levels of corruption.

These pillars describe the conditions that make lasting peace possible. And when I look at them carefully, I see enormous potential for Rotary. Not because our work automatically advances peace but because it can when we are deliberate about it.

> "The more we talk about peace as a practice rather than a destination, the more naturally it will shape everything we do."

That is the key word: deliberate.

A water project does not build peace on its own. But a water project designed with the Pillars of Positive Peace in mind, one that asks how equitable access to resources strengthens community trust, can begin to lay that foundation.

A vocational training programme does not guarantee reconciliation. But one that intentionally brings divided communities together around shared economic opportunity can start to build it. The project does not change. The intention does.

In Colombia, Rotary's Pathways to Peace and Prosperity programme shows us what this looks like in practice.

Working in communities shaped by decades of armed conflict and displacement, the programme combines economic empowerment with conflict resolution training and community-led reconciliation.

Peace was not a hoped-for side effect. It was central to the design. That is the standard I am calling all of us to follow.

As you plan your next project, whatever the focus area, I want you to pause and ask one question: How does this create the conditions for peace? Consult the Pillars of Positive Peace. Find where your work connects. Then, make that connection intentional.

Share what you discover with your club, your district, and your community. The more we talk about peace as a practice rather than a destination, the more naturally it will shape everything we do.

This is not about doing different work. It is about doing our work differently, with greater awareness, greater purpose, and a clearer vision of the world we are trying to build.

Every Rotary project carries potential. Our task is to unlock it, not by chance but by choice.

Every member is a possibility to Create Lasting Impact



MESSAGE FROM
DG Gerald Obai

AUGUST 2026

It is unbelievable how fast time flies. July is well and truly behind us. Thank you, my Rotary friends, for the great work done so far.

My visits to clubs have enabled me to interact with members firsthand.

In those meetings, I have learnt more deeply about our clubs: their culture, strengths, challenges, and, most importantly, their determination to change lives. In all of this, membership has been at the heart of everything.

Therefore, August being Membership and New Club Development Month in Rotary is perfect timing.

It gives us an opportunity for deeper reflection.



> "The lapel pin identifies a Rotarian, but it does not make one a Rotarian. Action does."

But to be honest, membership is not a month. Membership is the reason Rotary is relevant from January through to December, year after year.

In strong, vibrant, and engaging membership, our ability to connect with the community is enhanced. Every project we do, every grant we win, every life we change starts with one thing: one member saying yes.

Membership is About Impact, Not Numbers
We don't invite people to Rotary just to add numbers and fill bigger meeting rooms. The lapel pin identifies a Rotarian, but it does not make one a Rotarian. Action does.

We invite guests because our communities are waiting. Waiting for clean water. Waiting for mentors. Waiting for leaders who serve.

When we add a teacher, we increase the number

of students we can reach. When we add a doctor, we add a health camp we can run. When we add a young professional, we add more years of service to Rotary.

My ask of Rotarians and Rotaractors?

Invite one Guest
The person sitting next to you at work, at church, at your favourite "kafunda", in your WhatsApp group- they are waiting for the invitation.

Bring one person who cares about your community to your next project, not just your meeting. Let them not only hear about Rotary. Let them feel Rotary.

> "Let's be the District where people join because they saw Rotary change their neighbour's life."

Invite one member back
Call one Rotarian who has gone quiet.

Tell them: "We miss you. We need you." Most people leave because no one asked them to stay.

Be Intentional
Strong clubs don't grow by accident. They grow because they engage every member. People stay where they are needed and appreciated.

Remember: We don't grow Rotary to get bigger. We grow Rotary for bigger impact in our communities. Therefore, let our numbers translate to significance.

Let's Tell Our Story
Let people see that Rotary is fun, relevant, and making a difference.

Let's be the District known for clubs that grow because they serve boldly.

Let's be the District where people join because they saw Rotary change their neighbour's life.

Let's be the District that intentionally sponsors new clubs where Rotary is needed.

So this Membership Month, ask yourself: "Who am I bringing with me to grow my club, to grow Rotary, and to build our community?"

Thank you for your service and your commitment. Together, let's grow our membership, grow our District, serve more people, and Create Lasting Impact.



President's Message

RTN CHRISTINE AMUCU
Club President
2026-2027



As we conclude the first month of the 2026/2027 Rotary year, I am grateful for the enthusiasm that has defined our journey together. July, Rotary's Maternal and Child Health Month, allowed us to begin the year with a renewed focus on improving our lives.

We started the month with a Board training, aligning our responsibilities and priorities for the year, and a wonderful home hospitality, graciously hosted by Dr John Mugisa.

In the weeks that followed, Katogo Buddy Group had an outstanding stewardship of our fellowship, setting a remarkable high standard in attendance and member engagement.

I had the privilege of presiding over my maiden fellowship. I shared our goals and budget for the year, and I was encouraged by the thoughtful discussions and constructive ideas from members. The engagement demonstrated our collective commitment to building an even stronger Rotary Club of Kampala Naalya.

Our fellowships throughout the month were both inspiring and Educational. Dr Richard Idro talked to us about Malaria, triggering a discussion that highlighted the alarming impact of malaria on children and growing concern over the teenage deaths resulting from the disease.

Dr Emmanuel Eladu delivered a moving presentation about supporting couples through Infertility and into parenthood, encouraging compassion, understanding, and community support for families navigating infertility, reminding us that Rotary is also about restoring hope and dignity.

Last week, July 28, 2026, we welcomed the District Governor. Many of us expected discussions centred on our membership, the Rotary Foundation giving and our projects.

Instead, he surprised us by asking every member two simple but profound questions: Why did you join the Rotary Club of Kampala Naalya? And what would you whisper to your President?

Those questions shifted from Statistics to people, reminding us that Rotary is about belonging and listening to one another. It was a leadership lesson I will carry throughout the year.

> "Thank you to every member for your participation, ideas, generosity, and unwavering commitment to the Club and to the Rotary Foundation."

We have also had an opportunity to participate in the integrated Maternal and Child Health Medical Camp, organised by the Jinja Road Corridor Rotary Clubs.

This activity perfectly reflects our commitment to Rotary's focus on maternal and child health by serving those who need us most.

Thank you to every member for your participation, ideas, generosity, and unwavering commitment to the Club and to the Rotary Foundation. Together, we have laid a strong foundation for what promises to be an impactful Rotary year.

In Rotary Service,

Rotary District 9213

Rotaract District 9213



Safe Roads Save Lives

#RotaryEyamba
#RotaryKonyo

https://rotaryd9213.org
Rotary District 9213

#CoverStory



"Why Are You Here?" The Simple Question That Defined the District Governor's Visit to RC Kampala-Naalya

BY **RTN SYLVIA NANKYA**

Most District Governors walk to the podium, adjust the microphone, and begin their official address. But District Governor Gerald Obai did something entirely different.

He looked around the room, smiled, and asked everyone to introduce themselves with not just their names but a brief explanation of why they chose the Rotary Club of Kampala-Naalya and why they stayed.

Just like that, we had a deeper reflection, getting to know much more than the people in the room but the strength of our club.

One by one, members rose to speak. Some recalled joining Rotary in search of opportunities to serve. Others admitted they had come looking for professional networks but stayed because they found family.

There were stories of friendships forged over service projects, mentors who became lifelong guides, and a club culture that welcomed members. Did you know that Naalya has had members who joined because they got a hug on their first visit?

Laughter echoed through the room as members shared light-hearted memories, while moments of quiet reflection reminded everyone why Rotary continues to change lives, not only in communities, but within its own members.



By the time the introductions ended, the Governor already knew the club, not from reports or statistics, but from the people themselves. Only then did he deliver his official address to a fully packed room at Ndere Centre, last Tuesday.

Earlier in the programme, Club President Rtn. Christine Amucu outlined priorities that reflected both vision and purpose: growing membership, strengthening support for The Rotary Foundation, nurturing youth leadership, enhancing governance, improving public image and delivering sustainable community service.

Building on the conversations he had sparked, District Governor Obai praised RC Kampala-Naalya for its vibrant fellowship, disciplined planning and growing contribution to District 9213, pointing out the different leaders that have emerged from the club to serve the district. They include PDG Anne Nkutu, Rtn Flavia Serugo, AG Francis Lakor, PP Dennis Juuko, PP John Mugisa, PAG Herbert Oloka, and PAG Francis Lubuulwa, among others.

> “By the time the introductions ended, the Governor already knew the club, not from reports or statistics, but from the people themselves.”

He urged members to protect the culture that makes the club special while strengthening membership retention, expanding partnerships, increasing support for The Rotary Foundation, promoting Women in Rotary and intentionally preparing the next generation of Rotary leaders.

Looking beyond the current Rotary year, he challenged members to think about legacy.

With District 9213 approaching its anticipated restructuring, he encouraged Kampala-Naalya to identify a defining project or achievement that would forever distinguish its contribution during the district's final chapter.

DG's Visit


Rotary




Rotary
Club of Kampala-Naalya
Rotary
Club of Kampala-Naalya






Rotary
ampala Naalya



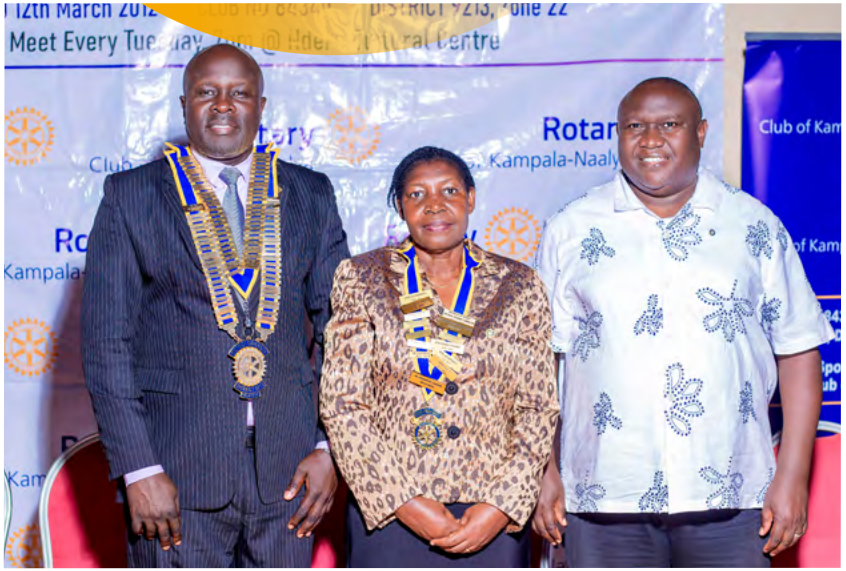


DG's Visit











DG's Visit

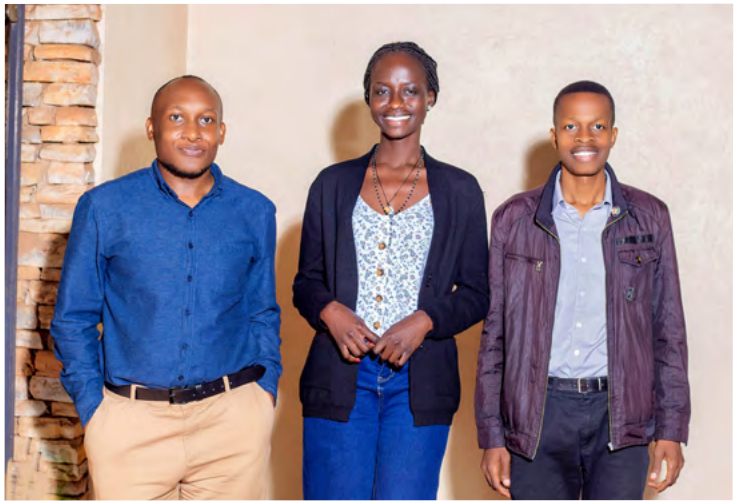







Rotary
Club of Kampala Naalya


CHARTERED 12th March 2012
Rotary




Rotary
Kampala-Naalya
MANAGING
MEMBER LEADS
with MY ROTARY
Guest Speaker:
PP Faridah Nankya
RC Kampala Impala
District IT Support Chair
TUESDAY 04TH
AUGUST 2026
7PM PROMPT
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Buddy group in charge: Kitobero
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#SolRise

The Power of Collaboration: How Rotary Creates Lasting Change

BY **RTN JACKLINE MUTIIMBA**

"IF YOU WANT TO GO FAST, GO ALONE. IF YOU WANT TO GO FAR, GO TOGETHER."

On Friday, I witnessed the truth of these words in action during the Healing Communities Together Integrated Medical Camp held at Kira Playgrounds.

Representing the Rotary Club of Kampala-Naalya, I joined fellow Rotarians, Rotaractors, healthcare professionals, volunteers, and partners from 15 Rotary and Rotaract clubs along the Jinja Road Corridor. The day demonstrated that when people unite around a shared vision, their collective impact becomes far greater than the sum of their individual efforts.

> "No single Rotary club could have delivered such a broad range of services alone."

I had the privilege of supporting the coordination of patients in the general clinic, helping to ensure that everyone was attended to in an orderly, efficient, and fair manner.

As the queues grew longer, it became clear that every person waiting represented more than just another patient. Each was someone's parent, child, spouse, sibling, or friend, hoping to receive quality healthcare with dignity and compassion.

Rotary Club of Kampala-Naalya, through its valued partner Rela Dental, provided dental services, while the other participating Rotary clubs offered a broad range of healthcare services, including general medical consultations, eye care, laboratory services, health education, and other essential interventions.

Together, these services ensured that hundreds of community members received comprehensive healthcare under one roof.

No single Rotary club could have delivered such a broad range of services alone.

By combining our resources, expertise, professional networks, and volunteers, we achieved something



far greater than any one organisation could have accomplished independently.

This is one of Rotary's greatest strengths, bringing together people from different professions, experiences, and backgrounds to solve real community challenges.

By combining Rotary's commitment to community service with professional healthcare expertise, quality dental care became accessible to many people who might otherwise have gone without treatment.

At the same time, the contributions of the other Rotary clubs ensured that patients could access multiple health services during a single visit, making the outreach more holistic, efficient, and impactful.

The experience also reminded me that service extends far beyond delivering healthcare. It is about restoring hope, preserving dignity, and strengthening communities.

> "The experience also reminded me that service extends far beyond delivering healthcare."

Every patient who left smiling, every family that received care, and every volunteer who generously gave their time contributed to something much bigger than a one-day event.

We were building trust, demonstrating compassion, and reminding our communities that they are not alone.

As I left the venue, I carried with me more than memories of a successful outreach.

I left with renewed appreciation for the power of collaboration and a deeper conviction that meaningful service is never a solo effort.

While one person can make a difference, it is when we work together that we create transformational and lasting change.

The writer is a Rotarian, Mental Health Advocate, Monitoring, Evaluation, Accountability & Learning (MEAL) Specialist



Naalya - Jinja Road Clubs









The Power of Belonging:
Understanding Rotary Membership

Every Rotary club is only as strong as its membership. Projects, fellowship, leadership, and community impact all begin with people who choose to serve. Membership is therefore not just about increasing numbers; it is about building a vibrant network of individuals committed to Rotary's ideal of *Service*.

At the heart of Rotary are active members. These are Rotarians who meet the requirements for membership, pay Rotary International dues, enjoy full voting rights, may hold club office, and are counted in Rotary's official membership records. They are the engine that drives club activities, service projects, and leadership.

Rotary also recognises honorary members. These are distinguished individuals who have rendered exceptional service or demonstrated unwavering support for Rotary's ideals.

Honorary Rotarians are exempt from paying Rotary International dues, cannot vote or hold club office, and are not included in a club's official membership count.

Honorary membership is one of Rotary's highest forms of recognition and should never be confused with an active member who has been granted excused absences.

One of Rotary's greatest strengths is its flexibility. Clubs are free to create membership models that suit their communities, provided they document these arrangements in their club bylaws. Beyond the traditional model, many clubs now offer corporate, family, and young professional memberships.



Corporate membership allows a business to sponsor one or more individuals as members. The members, not the company, are the Rotarians.

If they pay Rotary International dues, they enjoy the same rights and privileges as any other active member. Clubs may, however, tailor local dues, attendance expectations, or meal arrangements to make participation easier.

Family membership encourages spouses, partners, and even young adult children to become involved. Some clubs offer reduced local dues for additional family members, making Rotary more accessible while strengthening fellowship across generations.

> “Family membership encourages spouses, partners, and even young adult children to become involved.”

Rotary also demonstrates compassion through the Rule of 85, introduced by the Council on Legislation in 2016. Members whose age plus years of Rotary membership equal at least 85, with a minimum of 20 years of membership, may request exemption from regular attendance requirements by notifying their club secretary. This provision honours long-serving Rotarians while allowing them to remain valued members of the Rotary family.

Ultimately, membership is far more than a classification or a headcount. Every new member brings fresh ideas, professional expertise, friendships, and service opportunities.

Growing membership is not simply about filling seats; it is about expanding Rotary's capacity to create lasting change in communities around the world.



The Silent Grief of Infertility: Why "When Are You Having Children?" Can Hurt So Much



BY **RTN JACKLINE MUTIIMBA**

It is a question often asked casually at family gatherings, workplaces, and social events. For some, it is simply curiosity.

For others, it is a painful reminder of a journey filled with hope, disappointment, and silent emotional battles.

Behind the smile may be a couple who have spent months or even years trying to conceive.

Behind the polite response may be countless medical appointments, financial sacrifices, unanswered questions, and moments of heartbreak known only to them.

While infertility is commonly viewed as a medical condition, its effects extend far beyond physical health. It affects emotions, relationships, confidence, identity, and mental wellbeing.

> "Infertility affects emotions, relationships, confidence, identity, and mental wellbeing."

The Silent Mental Health Burden

Infertility is a deeply personal experience, yet it is often carried in silence.

Every month can bring renewed hope, followed by disappointment when pregnancy does not occur. Over time, this repeated cycle can lead to anxiety, emotional exhaustion, grief, and feelings of isolation.

Many couples begin avoiding family gatherings, weddings, baby showers, and other social events because they fear uncomfortable questions or unsolicited advice.

The greatest challenge is that infertility is often invisible. Friends and relatives may see a smiling couple but never witness the private tears, sleepless nights, or emotional strain that accompanies the journey.

Infertility Is a Shared Journey

One of the most damaging misconceptions is that infertility is primarily a woman's problem.

During a recent Fellowship on supporting Couples through Infertility and into Parenthood, Dr Emmanuel Eladu reminded us that infertility affects both men and women.

Male factors, including sperm count, movement, and quality, can contribute significantly to difficulties in

conceiving. Understanding this helps remove blame and encourage couples to seek assessment and treatment together.

Parenthood is a shared dream, and fertility challenges should also be approached as a shared responsibility.

Age also plays an important role in fertility. Around 30 years of age, the chance of conception is approximately 20% per menstrual cycle. By 40 years, that chance reduces to approximately 5% per cycle.

The Weight of Stigma

For many couples, the emotional burden is intensified by social pressure.

Questions such as:

"When will you give us grandchildren?"

"Why are you taking so long?"

"Who is the problem?"

May be asked with good intentions, but they can deepen emotional wounds.

Instead of increasing pressure, we can choose empathy. Rather than asking questions that may cause pain, we can simply ask, "How are you?" or "How can we support you?" Sometimes, the greatest gift we can offer is understanding.

There Is Hope

Another important message from the presentation



was that infertility is not the end of the journey.

Dr Eladu noted that approximately 90% of infertility cases can be managed or treated once the underlying cause is identified.

Treatment options may include medication to stimulate ovulation, treatment of infections, surgery for conditions such as fibroids, interventions to improve sperm quality, and assisted reproductive technologies such as IVF.

> “Supporting maternal and child health also means supporting couples whose journey to parenthood is filled with uncertainty.

He also explained that the world's first IVF baby, Louise Joy Brown, was born on 25 July 1978, demonstrating how advances in medicine have transformed the lives of millions of families.

However, access remains a challenge. In Uganda, an IVF cycle may cost approximately 15 million Shillings, making fertility treatment inaccessible for many couples.

This underscores the need for greater awareness, advocacy, and investment in reproductive healthcare.

A Rotary Call to Compassion

As Rotarians, we are committed to building healthier, more compassionate communities.

Supporting maternal and child health also means supporting couples whose journey to parenthood is filled with uncertainty.

It means creating spaces where people are treated with dignity rather than judgment, where conversations are guided by empathy rather than assumptions, and where hope is strengthened through understanding.

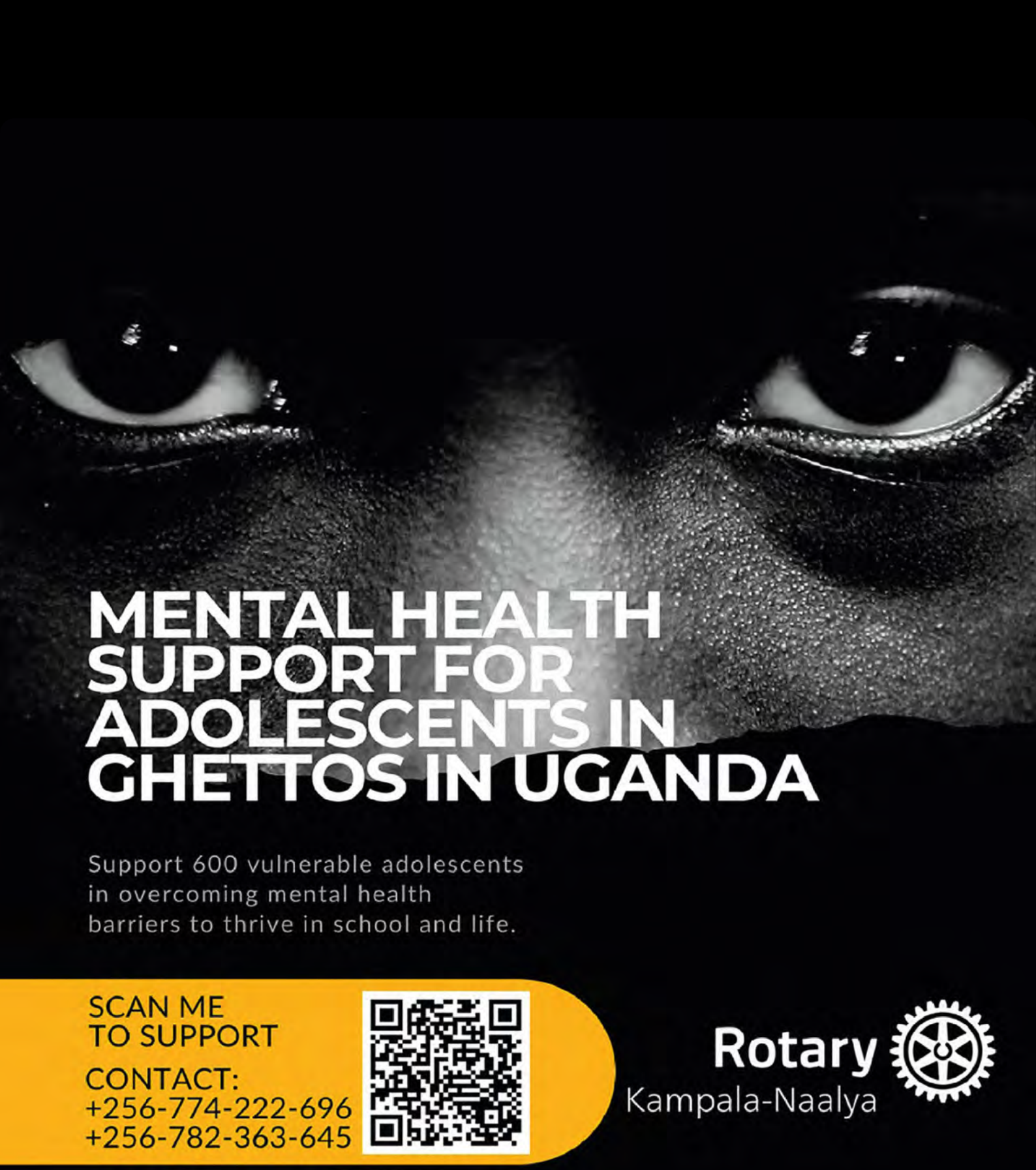
The next time you meet someone without children, pause before asking: "When are you having children?"

Consider asking instead: "How are you doing?"

You may never fully know the journey they are walking, but your kindness can make that journey a little lighter.

Because supporting couples through infertility and into parenthood is not the responsibility of one person.

It truly takes a village.


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ELDER'S EYE

Contextualising Maternal and Child Health in Uganda

BY **PP GODFREY OKELLO-OMODING**

This month's theme is Membership and New Club Development. But let us draw back a bit to last month's theme, maternal and child health.

This is so as to give context for maternal and child health as we seek more members' hands. Participation of Rotary in improving maternal and child health is knitted with its membership and clubs' growth and outreach.



Photo Credit: UNICEF

Rotary, an organisation present across the world and active in many countries, and having several maternal and child health interventions carried out in these countries, this is a great time to reflect on maternal and child health, an area of focus.

These countries have different challenges as far as their maternal and child health is concerned. Of course, every country ought to be concerned about its maternal mortality ratio (MMR) and neonatal mortality ratio (NMR) together with the development of its children.

> "Over the remaining weeks of this month, the discussions will be about Uganda's maternal and child health, demonstrating a need for more support."

To appreciate maternal and child health better in any country, it is good to contextualise it. In this regard, therefore, the focus is on Uganda.

Over the remaining weeks of this month, the discussions will be about Uganda's maternal and child health, demonstrating a need for more support. There are challenges that beckon for Rotary members' participation.

The discussions will give a typical touch on key aspects, though not going deeper, but providing Rotarians a menu to think through as they determine their interventions and when they are deciding where to act on and from.

Uganda is reported to have made several interventions and continues to do so in maternal and child health that are resulting in progress.

However, as observed by the World Health Organisation (WHO) (2025), despite the progress, mortality remains high.

The MMR stands at 189 per 100,000 live births, with a one (1) in 66 lifetime risk of maternal death. The NMR stands at 22 per 1,000 live births, still above the Sustainable Development Goal (SDG) target of 12 per 1,000 live births.



Photo Credit: World Vision International

Remember, this SDG goal is supposed to be achieved by 2030, with four years to go. Will this be achieved?

Also important to note is that teenage pregnancies contribute significantly to maternal mortality.

Approximately 28% of maternal deaths are attributed to teenage pregnancies, and 24% of girls continue to give birth before the age of 18 years (Census 2024). One (1) in 4 girls aged 15-19 is pregnant or already a mother (WHO, 2025).

Stunting in children (0–5 years) affects 26 per cent of children (UDHS, 2022), and some 86 per cent of children under 5 years are living in child food poverty (United Nations' Children Funds/UNICEF, 2024).

Child deaths are caused by preventable diseases such as pneumonia, malaria and diarrhoea, which often manifest as a result of chronic and systemic problems in health service delivery and use (Family Connect, 2025).

WHO reveals that most maternal deaths occur during childbirth and the postnatal period due to haemorrhage, infections, and hypertensive disorders. Neonatal deaths stem from birth asphyxia (50%), complications of prematurity (18%), and sepsis (7%).

Ultimately, every country ought to want to see better statistics for its maternal and child health. And, at least, have endeavours for addressing underlying factors that contribute to these unpalatable statistics.

Such endeavours include, among others: laws, rules and regulations, policies, plans, frameworks for engagements/ collaborations and carrying out actual implementation.

> "...at least, have endeavours for addressing underlying factors that contribute to these unpalatable statistics."

In Uganda, among the underlying factors that need addressing include: quality healthcare, social and economic challenges, systemic challenges, infrastructural challenges, climate change challenges, and structural and service barriers.

These, in all, bring about inconsistencies in service coverage and even low uptake of reproductive and child health services in public health facilities.

As Rotarians, it is good, and we can build on this progress through

working within and through the key national frameworks, priorities, policies, strategies, plans and guidelines of the Ministry of Health.

Today, Uganda is prioritising:

1. Increasing domestic resources for health
2. Strengthening primary healthcare and referrals
3. Investing in the health workforce
4. Strengthening multi-sectoral collaboration
5. Scaling up community-based newborn health initiatives, and
6. Strengthening community health worker networks.

A Rotary Club can pick interventions from among these. These will contribute to lasting impact.

Also, in place are WHO standards and guidelines for improving quality of maternal and newborn care.

These can be referred to while designing interventions.

WHO recommends areas where there has been evidence based high impact, namely:

(i) expanding access to family planning and reproductive health services,

(ii) strengthening emergency obstetric and newborn care,

(iii) increasing skilled birth attendance with continuous provider training,

(iv) institutionalizing maternal and perinatal death surveillance and response, and

(v) promoting community engagement for antenatal care, facility deliveries, and postnatal care.

> "Many times, lasting impacts are attained and realised by working with and within the existing frameworks and structures."

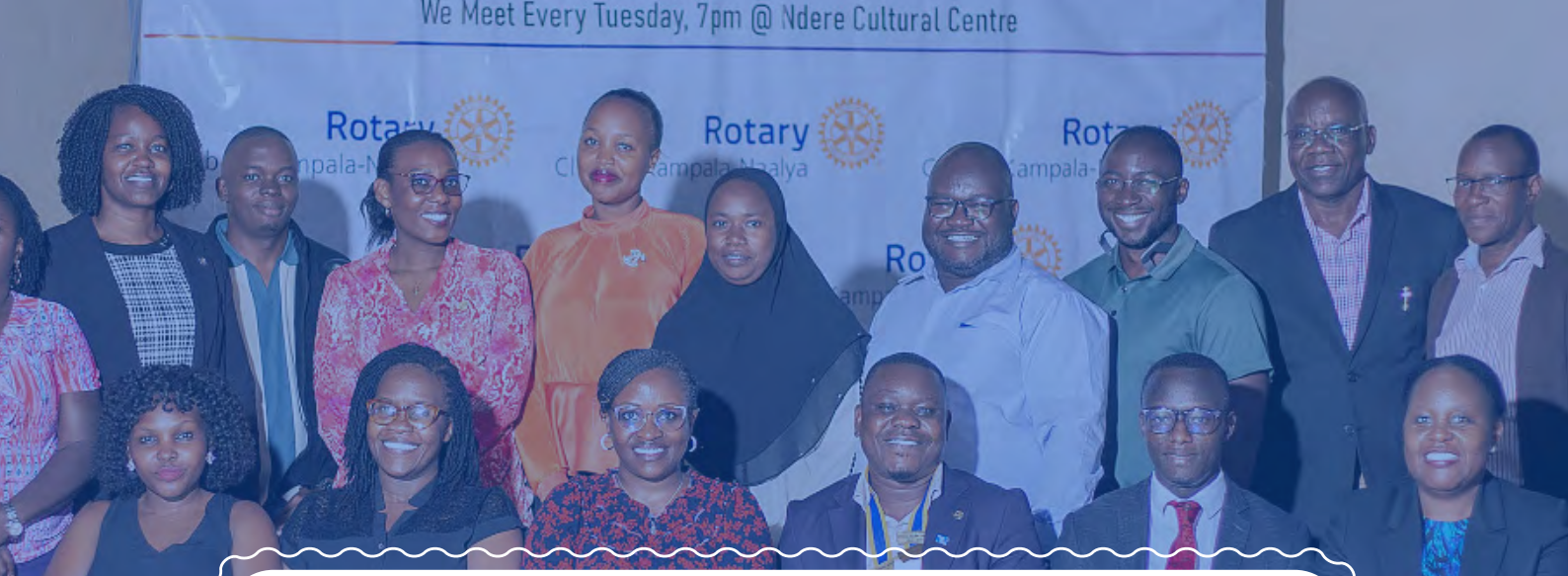


Photo Credit: Gates Foundation

Whatever level or area of interventions a Club may opt for, it should be contributing towards addressing the health of mothers and children and aiming at creating lasting impacts.
As Clubs, with different engagements, when collectively brought together, ought to be making contributions to different maternal and child health issues: systemic issues, emerging issues such as climate change, structural and infrastructural issues, and delivery issues.

Creating lasting impact in maternal and child health comes with knowing and acknowledging complexities in it.

Many times, lasting impacts are attained and realised by working with and within the existing frameworks and structures.



Who visited us last week?

Rotarians

- **District Governor Gerald Obai** - Rotary Club of Gulu
- **Assistant Governor Edward Mugerwa** - Rotary Club of Kampala Day Break
- **DES Emily Mbabazi** - Rotary Club of Sunrise Kampala
- **PAG Petra Sansa Tenywa** – RC Kampala Islanders
- **HCP Rosemary Nambooze** - Rotary Club of Wakiso
- **PAG Florence Lunkuse** - Rotary Club of Kiwatule
- **PAG Robert Okwera** - Rotary Club of Buloba
- **PAG Maureen Kawombe** - RC Naalya States
- **HCP Rosemary Nambooze** -RC Wakiso
- **Rtn Juliet Nakayenga** - Rotary Club of Gayaza
- **Rtn Babatunde Oyeyemi** - Rotary Club of Najjeera

Rotaractors

- **Rct Benjamin Openytoo** - Rotaract Club of Tankhill City
- **Rct Anna Flora Aber** - Rotaract Club of Kampala South
- **Rct Bright Baguma** - Rotaract Club of Kampala North
- **Rct Christine Bako** - Rotaract Club of Kampala Naalya

Guests

- **Ssanyu Nakiwala**

#RotaryLove

Thank You, Come Again!!



The Pitch is Calling: Are You Ready for 5-A-Side?

BY **RTN GILBERT NUWAGABA**

Every tournament has two stories. There is the one everyone sees on game day: the goals, the celebrations, the winners and the trophy.

Then there is the story that begins long before the first whistle is blown. It is the story of preparation, commitment and showing up when no one is watching.

That is the story we are about to write together.

As we count down to the 10th Rotary 5-A-Side Football Tournament on Saturday, 19 September 2026, I invite every player to commit to the journey, not just the destination.

We meet every Saturday from 5:00 p.m. to 6:30 p.m. at Arches Gardens, Kisaasi, to prepare not only our bodies, but also our teamwork, discipline and fighting spirit.

Some of us haven't played football in months. Others may discover that the legs aren't quite as young as they used to be. That's okay. We are not looking for perfection on day one. We are looking for commitment.

We start where every good team starts; with the basics. Jogging. Aerobics. Stretching. Sprint work.

Then we'll gradually build into football drills, tactical sessions and match situations. Every session will move us one step closer to being ready for tournament day.





On 22 August, we'll test ourselves in a friendly match against the Rotaractors of Kampala Naalya. It will be a chance to sharpen our game, but more importantly, to strengthen the fellowship that makes Rotary unique.

This journey is about encouraging one another through the difficult laps, celebrating every improvement, laughing at the missed chances, and building friendship.

I ask everyone to take this preparation seriously. Recover well on Sundays. Stay hydrated. Eat properly. Get enough sleep. Secure your football boots, shin guards and playing kit. Most importantly, look after your body. We need everyone fit and ready for September 19.

Remember, championships are not won on the day of the tournament. They are won in the weeks beforehand, when people choose discipline over excuses and consistency over convenience.

So, I challenge every Rotarian and Rotaractor

who has signed up: make these nine Saturdays count.

Come ready to work. Come ready to improve. Come ready to support your teammates.

When we finally step onto the pitch on tournament day, I want us to do so knowing we gave everything during the preparation.

Let's train hard.

Let's enjoy the journey. And let's proudly represent the Rotary family.

See you at Arches Gardens this Saturday.





All Africa Rotary Zone Institute Postponed, New Dates Set for November

BY **RTN SYLVIA NANKYA**

The 7th All Africa Rotary Zone Institute, which was scheduled to take place in Kampala, has been rescheduled to November 26-28, 2026, following concerns arising from the recent Ebola outbreak in Uganda and the resulting travel uncertainties faced by delegates from several countries.

The announcement was made by the Institute Convenor, Rotary International Director Emmanuel Katongole, and Co-Convenor Past Rotary International Trustee Geeta Manek, following consultations with Rotary International President Yinka Babalola.

According to the organisers, the decision to postpone the event was informed by travel restrictions and quarantine requirements that some international delegates were likely to face upon returning to their home countries.

> "With Uganda now officially free of Ebola and travel confidence restored, the organising committee has renewed its invitation..."

Although Uganda has since been officially declared Ebola-free, the organisers said rescheduling the Institute would provide greater certainty and allow delegates to make travel plans with confidence.



The Institute will now be held from November 26 to 28, 2026, while the Governors-Elect Learning Seminar (GELS) and Governors-Nominee Learning Seminar (GNLS) will take place on November 24 and 25, 2026.

Organisers noted that the response to the event has remained overwhelmingly positive, with more than 1,000 delegates already registered from across Africa and beyond. They confirmed that all existing registrations, including hotel bookings, will automatically be transferred to the new dates, eliminating the need for participants to register again.

With Uganda now officially free of Ebola and travel confidence restored, the organising committee has renewed its invitation to Rotarians who have not yet registered to do so before the new September 30 deadline.

The Zone Institute is one of Rotary's premier leadership and learning events on the continent, bringing together Rotary leaders, governors, governors-elect, governors-nominee, and members for professional development, networking, fellowship, and discussions on advancing Rotary's humanitarian mission across Africa.

Organisers expressed optimism that the revised dates will enable broader participation and ensure a successful gathering, while reaffirming their commitment to welcoming delegates to Uganda for what they described as an inspiring and unforgettable Zone Institute.



Rotary Invites Members to Apply for 2027-28 International Committee Appointments



Rotary International and The Rotary Foundation have opened applications for Rotarians and Rotaractors interested in serving on international committees during the 2027-28 Rotary year, offering members an opportunity to contribute their professional expertise to the organisation's global leadership and strategic direction.

The committees play a key role in advancing Rotary's strategic priorities by supporting initiatives aimed at increasing the organisation's impact, expanding its reach, strengthening participant engagement, and enhancing its ability to adapt to changing needs around the world.

> “Most committee work is conducted through email and virtual platforms...”

According to Rotary, committee service provides members with an opportunity to apply their leadership skills, share their vocational knowledge, and ensure that diverse perspectives are represented in decision-making processes.

The appointments are open to qualified Rotarians and Rotaractors, with dual members of Rotary and Rotaract especially encouraged to apply.

Most committee work is conducted through email and virtual platforms, with members typically required to attend one mandatory in-person meeting each year.

Applications are sought for the Audit Committee, which advises Rotary leadership on audited financial statements, internal and external audit processes, and internal control systems.

The other is the Communications Committee, which guides Rotary's public image, branding, communications, and content strategy to strengthen the organisation's global visibility and reputation.

Members with experience in leadership development, organisational culture, and member engagement are encouraged to apply for the Enhancing Participant Engagement Committee, which advises on creating welcoming, respectful, and accessible club environments that value diverse perspectives and encourage active participation.

Equally important is the Finance Committee, which supports the Rotary International Board of Directors by providing advice on budgets, financial management, and long-term sustainability measures.



Professionals with fundraising expertise are invited to serve on the Fund Development Committee, which advises The Rotary Foundation Trustees on strategies to strengthen fundraising efforts and resource development.

Those with backgrounds in education, training, instructional design, and leadership development may apply for the Learning Committee, which advises on creating effective learning opportunities for Rotary leaders and members worldwide.

Interested in Investment? You can apply for the Investment Committee, which oversees the management of Rotary's investment portfolio, monitors implementation of investment policies, and makes recommendations on investment policy to Rotary's governing boards.

> "Members wishing to apply or recommend another qualified Rotarian or Rotaractor for appointment can submit applications through Rotary's online application portal."

The Operations Review Committee examines the effectiveness of Rotary's operations, administrative procedures, and standards of conduct.

Also, it serves as the advisory compensation committee to the Executive Committee of the Rotary International Board.

The Strategic Planning Committee advises Rotary leadership on the organisation's long-term strategic priorities, helping to guide future growth and organisational development.

Technology professionals are encouraged to apply for the Technology Committee, which advises Rotary on technology practices, digital products, and strategies designed to improve the experience of members and participants.

Members wishing to apply or recommend another qualified Rotarian or Rotaractor for appointment can submit applications through Rotary's online application portal.

The deadline for applications is 15 August.


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OUT TO LUNCH

Xenophobic attacks call for investments in home countries

BY **RTN DENIS JJUUKO**

In the early 1990s, the world started to witness the dismantling of one of the most antediluvian official racist regimes ever assembled. Nelson Mandela, leader of the African National Congress, would be released from prison in 1990 after 27 years of inhumane confinement on Robben Island.

A new South Africa was on the horizon. Mandela would win the country's first multiracial presidential elections in 1994 after his ANC won a large majority of parliamentary seats.

Mandela and his ANC's victory marked the end of official apartheid in South Africa. Mandela mentioned from the beginning that he wasn't replacing official white racism with official black racism. He called the new South Africa a rainbow nation.

A country that embraced you regardless of the colour of your skin. Unlike the majority of the so-called revolutionaries, Mandela ruled for one term. He ended up as one of the world's most revered statesmen and even became a celebrity!

At home, after the euphoria of the 1994 elections, many black South Africans realised that the end of apartheid didn't mean that they would move from their shebeens in the townships to white homes in leafy suburbs and take over white businesses and send the whites to wherever.

South Africa wasn't Idi Amin's Uganda. They realised that the rainbow mantra meant co-existence. They rejected it, but they were still a bit hopeful.

> "...Mandela ruled for one term. He ended up as one of the world's most revered statesmen and even became a celebrity!"

The ANC understood the sentiments of many black people and created policies like black economic empowerment (BEE), which provided opportunities for blacks and other people of colour. If a white person owned a business, they needed some black people in top management and on the board.

Some black people also needed to own shares. Government tenders were reserved for businesses that embraced BEE.

But such opportunities were of course reserved for elite blacks, educated in Europe, America or even in the exclusive South African universities.

The majority of the beneficiaries of BEE were ANC stalwarts, and that is how they became billionaires and today's captains of industry. Others became tenderpreneurs (influencing government tenders).

Apartheid had denied the majority of blacks



quality education and other opportunities. They didn't have skills.

The apartheid regime preferred to import professionals from elsewhere to work in black communities or do jobs the whites didn't want to do. That is how Ugandan teachers and medical doctors ended up in South Africa in the 1980s.

They settled there quickly and established themselves as hard-working, set up private practices, and generally built better lives than many of those they left at home.

South Africa had (still does) world-class universities, and when they opened up the country in 1994, many people started attending school there. I would also end up at an elite South African university 10 years after Mandela had been elected for my graduate education.

South Africa was and remains the continent's most sophisticated and largest economy. As economies of many African nations crumbled, South Africa's soared. Many Africans unable to be externalised to America or Europe for *kyeyo* saw it as the next perfect frontier and arrived in droves.

Many had seen the doctors and teachers who had migrated earlier living better lives. Those who visited Johannesburg, Cape Town, Durban or Pretoria saw a modern country where they wished to work and live.

South African TV soap operas Egoli, Generations and Isidingo created a desire that many people wanted to experience themselves.

Those who had made it to South Africa arrived back in Kampala every December with fancy cars and threw white-dress themed parties. Another Bantu migration of sorts had to happen, but this time to kuyiriba (hustle), including becoming Sangomas (fake traditional healers).

> "People largely migrated to South Africa to find better opportunities for themselves. If we created jobs here, the majority wouldn't have left."

In South Africa, the ANC, riddled with corruption, forgot to create jobs for the majority of blacks who were largely uneducated and unskilled.



Populist politicians like Julius Malema saw an opportunity and fanned the flames that led to today's xenophobic attacks against blacks from outside South Africa.

Hundreds have been evacuated back home in Uganda. They are now chilling in Kyankwanzi, ostensibly undergoing orientation. I am not sure what that means.

But the xenophobic attacks should be a wake-up call for migrants as well as governments of their home countries.

People largely migrated to South Africa to find better opportunities for themselves. If we created jobs here, the majority wouldn't have left.

There must be a deliberate way to encourage migrants to invest back home. NSSF should be pushing them for voluntary savings.

Capital Markets Authority should be doing drives for collective investments. National Housing should be building houses they can buy. Uganda Investment Authority should be making presentations on where to invest.

It used to happen until politicians hijacked platforms like the Uganda North American Association Convention. Buganda Kingdom is trying with its Buganda Bumu Convention, but it is a drop in the ocean.

If we refocused, people wouldn't be evacuated or even deported and returned home with nothing. And lastly, an enabling environment that enables businesses to thrive.

The writer is a communication and visibility consultant.
djjuuko@yahoo.com

Rotary District 9213

Rotaract District 9213



DISTRICT 9213 PROJECTS STORYTELLING CHALLENGE

01 PURPOSE OF THE CHALLENGE

To inspire participation, showcase Rotary's impact, and encourage Clubs to document and share the stories behind their service projects.

The goal: Move from "doing projects" to "telling the impact so others are moved to act."

02 WHO CAN PARTICIPATE

All Rotary and Rotaract Clubs in District 9213.
Clubs are encouraged to involve members, beneficiaries, and project partners in telling the story.

WHERE TO POST

- Facebook, Instagram, X, LinkedIn, Club Website, Club Newsletter, The Wave and Media outlets
- Send link of story/attachment to rotarypublicimage9213@gmail.com

Tagging Requirements:

Tag the following in every post:

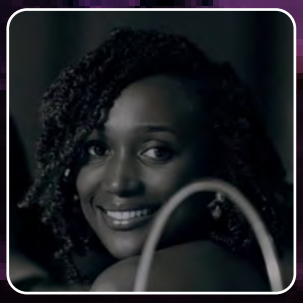
- Rotary International: @rotary
- District 9213: @rotaryd9213
- Rotaract District 9213 @RotaractD213
- District Governor: @@dgrotaryd9213
- Hashtags: #RotaryEyamba #RotaryKonyo #StoriesForImpact

Clubs with the best/most stories are to be Recognised

Safe Roads Save Lives

#RotaryEyamba
#RotaryKonyo
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PK's CORNER

A Note to the Inner Self

BY **RTN PAMELA KAWADDWA**

THE QUIETER YOUR SOUL BECOMES, THE MORE CLEARLY YOU BEGIN TO HEAR WHAT TRULY MATTERS

Dear Me,

This week, resist the quiet pressure to live at the speed of everyone else.
The world will always tell you to do more, become more, chase more. But not every race is yours to run.
Pause.

Take a breath long enough to remember who you are beneath the deadlines, the expectations, the notifications, and the endless noise.
Not every moment needs to be productive.
Not every silence needs to be filled.
Not every invitation deserves your "yes."

Some of life's greatest gifts arrive softly, in the conversations you almost rushed through, the sunsets you almost didn't notice, the laughter that interrupted your schedule, the quiet prayers whispered when no one was watching.

Slow down enough to see the faces you love.

Slow down enough to hear your own heart.
Slow down enough to recognise the blessings you've stopped noticing simply because they've become familiar.
Choose depth over speed.
Choose authenticity over approval.

Choose understanding over the need to win every argument.
And when your pride whispers, "Be right," let your heart gently answer, "Be kind."
Never forget this:
Life is not remembered by the number of tasks we completed, but by the love we gave, the peace we carried, the courage we showed, and the hearts that felt lighter because we walked beside them.

One day, no one will remember how busy you were.
But they will remember how you made them feel.
As this new week unfolds, ask yourself:
Am I simply surviving another week... or am I fully awake to this beautiful, ordinary life I've been given?
May this be the week you become more present than distracted.

More compassionate than judgmental.
More courageous than fearful.
More grateful than hurried.
More gentle with yourself.
And more intentional with those entrusted to your life.

Because perhaps the greatest thing you will accomplish this week will never appear on a to-do list.
It will be the moment you chose patience over frustration.
Presence over distraction.
Forgiveness over resentment.
Love over ego.

May you leave every room a little warmer than you found it.
May your words become someone's comfort.
May your presence become someone's peace.
And may your quiet faithfulness in the ordinary become the most extraordinary thing about your life.
Have a mindful, meaningful, and grace-filled week.

Till again,

~pkwy

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OUR MEMBERS



Rtn Dennis Jjuuko



Rtn Evelyn Mulinda



Rtn Francis Lakor



Rtn Lillian Keno



Rtn Ruth Mugisa



Rtn Elizabeth N. Kasaija



Rtn Juliet Nabunya



Rtn Faith Nambozo



Rtn Mathias Mulumba



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